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WIC Dietary Assessment Validation Study

Executive Summary

United States Department of Agriculture Food and Nutrition Service USDA Contract #53-3198-2-032

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Acknowledgments

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The project also acknowledges the assistance of the Harvard School of Public Health in providing the Harvard Food Frequency Questionnaire and scoring software for use during this study. Information provided by Jane D. Gardner, Ph.D., and Qiang Wang, Ph.D., was especially helpful.

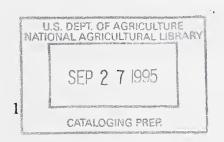
Finally, very special appreciation is extended to the 969 WIC participants, women and their children, who volunteered to take part in this validation study. Their belief that their participation would assist the WIC program nation-wide made this study possible.

The Food and Nutrition Service (FNS) of the U. S. Department of Agriculture initiated research in September 1992 to validate two sets of food frequency questionnaires (FFQs) in a study population made up of women and children eligible for the Special Supplemental Food Program for Women, Infants and Children (WIC). The purpose was to determine the comparative performance of these FFQs in ranking respondents with respect to the "true" dietary intake. In this study, true dietary intake was measured by three non-consecutive 24-hour diet recalls collected through a telephone interview. The two food frequency questionnaires tested were the:

- Harvard FFQ Women's Food Frequency Questionnaire (WFFQ) and Children's
 Food Frequency Questionnaire (CFFQ) developed by Dr. Jane Gardner at Harvard
 University; and the
- Block FFQ developed by Dr. Gladys Block at the University of California, Berkeley.

Food frequency questionnaires attempt to estimate dietary intake of an individual by asking how often specific foods are consumed. Based upon previous studies, the Harvard and Block FFQs each ask about a list of foods most commonly consumed by participants in the WIC program. These two FFQs differ on several dimensions, such as the number of food items (Harvard, 80 items; Block, 65 items), specific food items, the way food items are grouped, the frequency categories, and scoring methods. The Block FFQ also differs from the Harvard FFQ in that it asks an individual to approximate the usual portion size (small, medium or large) of each food item consumed.

Both the Harvard and Block FFQs have a woman's version and a child's version. The woman's version is designed for a woman to fill out about her own diet while the child's version is designed for a mother to fill out about the diet of her child (age 1-4).



Study Population

The population for this study consisted of four WIC categories and three ethnic/racial groups. The four WIC categories studied were:

- Pregnant women;
- Breastfeeding, postpartum women;
- Non-breastfeeding, postpartum women; and
- Children ages 1.0 through 4.9 years.

Within each of these four WIC categories, study participants were recruited to represent the following three "self-identified" ethnic/racial groups:

- African American;
- Hispanic; and
- White.

The study population was recruited from within the East, West, Southwest and Central regions of the United States. The specific field sites selected for recruitment were:

- Hempstead, New York;
- Berkeley and Oakland, California;
- Houston, Texas; and
- Cincinnati, Ohio.

Sample Design and Size

A stratified, rectangular sample design was used in this study. For each of the two FFQs (Harvard and Block), approximately 75 women in each of the three WIC categories (pregnant, breastfeeding and non-breastfeeding) and 75 children were sought. On the dimension of ethnicity, the target sample size was approximately 75 women in each of the three ethnic groups. Based on this design, a minimum of 600 participants, i.e., 300 for each of the two FFQs recruited across the four geographic regions, constituted this validation study's desired sample size. By the completion of the data collection period (July 1993 to January 1994) a combined total of 969 women and children had been

recruited, and of these, 650 had sufficiently adequate 24-hour recall data to be used in the final analyses.

Study Data

Participants recruited into the study were required to complete an initial administration of either the Harvard FFQ or the Block FFQ (FFQ-1), three non-consecutive 24-hour diet recalls, and a second administration of the FFQ (FFQ-2). The three diet recalls were collected by telephone interviews utilizing two-dimensional food models and were analyzed with the Minnesota Nutrition Data System (NDS 32). The recalls were used as the reference data for the validation study, providing an estimate of usual intake for the nutrients of interest to FNS and the WIC program. In analyzing the study data, the recall reference data were compared to the nutrient intake estimates resulting from the FFQ administrations. The study also compared manual and computerized scoring methods for both types of FFQs.

The following nutrients are targeted by the WIC Program and were examined in this study: protein, vitamin A, vitamin C, iron and calcium. Additionally, estimates of total energy were assessed because energy is important to pregnancy, lactation, growth and child development, and because the estimates are potentially useful for performing nutrient density calculations.

In addition to the validation and scoring investigations, an evaluation of FFQ usability was conducted. Data were collected systematically for both sets of FFQs, on each of the following:

Usability for the client

- Time required for FFQ completion by participants
- Amount of assistance required by participants
- Number and type of errors

Usability for WIC staff

- Time required to manually score FFQs
- Ease of manual scoring

Assessment of Usability by WIC Agencies

- Usefulness of FFQs to WIC staff for nutrition education and determining eligibility
- Opinions and recommendations from WIC staff.

Analytic Approach

A central purpose of FFQs, both for research and for WIC purposes, is to place individuals along a distribution of intake from low to high. Accuracy of the point estimates (group means), while useful for some purposes, provides no test whatsoever of the ability of an instrument to determine correctly whether an individual's intake is low or high. FFQ group means can be identical to diet recall group means and yet provide no ability to rank individuals; and conversely, FFQ group means can be significantly different from the diet recall means, but the FFQ may rank individuals quite well. Therefore, to be relevant for estimating whether an individual is at increased nutritional risk, a proposed FFQ must produce adequate correlations with reference data. It is correlation or categorization that forms the criterion for whether an instrument can provide a reasonably accurate estimation of an individual's location along the continuum from low to high intake.

Results

A Balanced Study Population

The recruited Harvard and Block study populations were well balanced, that is, not statistically different from each other in age, distribution among WIC categories, ethnicity, prior WIC experience, language (Spanish and English) and education. This remained true after cases with questionably high diet recall nutrient values were dropped from the analyses.

Rapid Completion of FFQs

Both types of FFQs were completed in less than 10 minutes by both African-

American and White study subjects, and in less than 15 minutes by Hispanic study subjects. For all women, the Block FFQ took longer to complete than the Harvard FFQ with a median time of 9.5 minutes for Block *versus* 8 minutes for Harvard.

The Block FFQ Is More Valid for White and African-American Women

The Block FFQ achieved higher correlations than the Harvard FFQ in three-fourths of the nutrient correlations examined (see Table 1, page 6). Among African-American and White women, 9 of the 12 Block FFQ correlations (six nutrients per ethnic group) were equal to or greater than 0.4, while only one of 12 Harvard FFQ correlations was that high (note: perfect correlation = 1.0). In addition to agreement as estimated by correlations, the Block FFQ performed better than the Harvard FFQ for African-American and White women in its ability to categorize them as high, medium or low with respect to their true dietary intake. The Block FFQ showed significant agreement between quartile rankings by FFQ and 24-Hour Recall nutrient estimates for all six nutrients of interest (energy, protein, vitamin A, vitamin C, iron and calcium). For the Harvard FFQ, statistically significant agreement was seen for protein and calcium only.

Use of Small-Medium-Large Portion Sizes Improves Validity of the Block FFQ

The Block FFQ permits respondents to describe their usual portion of each food item as small, medium or large. These reported portion sizes were used in the analyses of this validation study. The effect of eliminating these multiple portion sizes from the questionnaire for purposes of simplification was examined. When a medium portion size was substituted for all responses and the correlations recalculated, the results were poorer. The use of a standard medium portion size with the Block FFQ is therefore not recommended.

Neither FFQ Is Valid for Hispanic Women

Although the Harvard FFQ had generally higher correlations than Block for Hispanic women, validity correlations for both were quite poor and thus neither FFQ is recommended in a self-administered form for either nutrient estimates or to evaluate WIC

TABLE 1
Validity Coefficients for Harvard and Block

		All Cases Inc.	luded Block
African American	Energy	0.18	0.53
	Protein	0.22	0.46
	Vitamin A	0.00	0.28
	Vitamin C	-0.36	0.32
	Iron	0.02	0.40
	Calcium	0.27	0.46
Hispanic	Energy	0.19	0.14
	Protein	0.13	0.09
	Vitamin A	0.40	0.15
	Vitamin C	0.28	0.17
	Iron	0.28	-0.01
	Calcium	0.18	0.15
White	Energy	0.27	0.44
	Protein	0.33	0.53
	Vitamin A	0.28	0.62
	Vitamin C	0.33	0.20
	Iron	0.27	0.47
	Calcium	0.40	0.56
All Women	Energy	0.19	0.37
	Protein	0.24	0.35
	Vitamin A	0.21	0.32
	Vitamin C	0.13	0.30
	Iron	0.20	0.26
	Calcium	0.29	0.42
Pregnant	Energy	0.22	0.30
	Protein	0.29	0.32
	Vitamin A	0.29	0.26
	Vitamin C	0.12	0.18
	Iron	0.32	0.05
	Calcium	0.41	0.37
Breastfeeding	Energy	0.23	0.25
	Protein	0.18	0.22
	Vitamin A	0.23	0.26
	Vitamin C	0.05	0.22
	Iron	0.06	0.28
	Calcium	0.17	0.31
Non-Breastfeeding	Energy	0.14	0.48
	Protein	0.18	0.44
	Vitamin A	0.09	0.38
	Vitamin C	0.17	0.38
	Iron	0.20	0.37
	Calcium	0.23	0.43
Children .	Energy Protein Vitamin A Vitamin C Iron Calcium	0.13 0.19 0.28 0.10 0.01	0.14 0.15 0.03 0.19 0.15 0.04

eligibility. For Hispanic women, both FFQs could possibly be used for nutrition education and counseling purposes but not for eligibility determination.

Neither FFQ Is Valid for Children

Among mothers and caretakers reporting for children, ages 1-4, it was found that neither FFQ can be recommended for use in a self-administered form to estimate nutrient intake or to evaluate WIC eligibility. It is possible, however, that a simple set of brief behavioral questions, such as "How often do you give your child fruit?" or "How often do you give your child vegetables?," may be more appropriate for this group. This approach could provide sufficiently useful information for education and counseling purposes and perhaps for eligibility as well. Obtaining precise nutrient estimates to evaluate WIC eligibility for children may not be possible by any method because of the measurement errors associated with proxy reporting.

Manual Scoring May Be Useful to Evaluate Eligibility

It was found that the manual scoring of both instruments is rapid and easy, once familiarity with the scoring system is attained. The amount of time to manually score the participants' first FFQ (FFQ-1) was virtually identical for both Harvard and Block FFQs, with a median time of 3.0 minutes and an average of just under 4 minutes for both. These identical averages both went down to 3.2 minutes for the second FFQ administration (FFQ-2).

In terms of validity, flexibility, and the ability to distinguish between groups with lower or higher nutrient intakes, the Block manual scoring system performed better than the Harvard manual scoring. Among African-American and White women classified as either "low" or "adequate" using the Block manual scores, the "low" group had a significantly lower mean nutrient intake (24-hour recall data) than the "adequate" group for all five nutrients of interest. Only one Harvard FFQ manual score (calcium) achieved statistical significance. Because groups with low nutrient intakes can better be identified by the Block manual score, this score may be useful for evaluating eligibility.

Below the RDA for One or More Nutrients is an Inappropriate Eligibility Criterion

On the basis of the diet recall data alone, 95% of the participants in this validation study were below 100% of the RDA on at least one of the five nutrients of interest (protein, vitamin

A, vitamin C, iron, calcium). An eligibility criterion of falling below 100% of the RDA on one or more of the five nutrients would then qualify virtually all income-eligible women and children.

Usefulness for Nutrition Education

Opinions were solicited from WIC clinic staff in three states unconnected with the research project. They voluntarily provided assessments of the FFQs' usability. They reported that both FFQs were generally useful in collecting dietary assessment information that was helpful in providing nutrition education to WIC clients. Some believed that the Harvard manual score related better to WIC eligibility criteria and to nutrition education models such as the "food pyramid," and they liked the manual score's easy, pass-fail system for rating each food group. WIC agency staff also felt that the Block portion quantity question regarding how much each time proved useful for discussing portion sizes with clients.

Few Errors by Most Participants

Relatively little assistance was required by respondents in completing the FFQs. Average assistance scores for both Harvard and Block FFQs were between *no assistance* and *little assistance*. Neither the Harvard nor the Block FFQ had a sufficiently large number of skipped food items to be considered a serious source of error.

Further Research

- 1) Although the FFQs cannot be recommended for Hispanic women, this limitation may be possible to correct with further work. Some examples would be: examination of FFQ validity when administered by interview; and investigating culturally-specific issues related to concepts of food, diet and frequency of food intake.
- 2) The Block estimates of vitamin C and calcium can be improved by modifying the frequency categories that were used to assess juices and milk in this study's version of the Block FFQ. Estimates of these nutrients in other validation studies with the Block FFQ were much better using different frequency categories for juices and milk.
- 3) Block manual score cutpoints can be identified that will more accurately reflect the proportion of the population with nutrient intake below the RDA. The cutpoints for manual

scoring used in this study were set before the intake distribution for this WIC population was known.

4) Because neither FFQ worked well for children, a brief set of questions can be identified and tested for assessing appropriate dietary intake among children.

Summary

In 1985 the General Accounting Office (GAO) called for a more valid and consistent method of assessing dietary risk in the WIC program and recommended that there be more standardization in the way that WIC eligibility is determined throughout the country. This study has provided a basis for meeting these recommendations. The validity and limitations of these two FFQs are now known. These results provide a foundation for achieving the desired validity and consistency in dietary assessment in the WIC program.

Among mothers and caretakers reporting for children, ages 1-4, neither the Harvard nor Block FFQ can be recommended for use in a self-administered form to estimate nutrient intake or to evaluate WIC eligibility. For women, however, improvements are still needed and are possible for both FFQs. Even in its present state, the Block FFQ produces correlations with reference data for White and African-American WIC-eligible women which are not substantially different from correlations previously demonstrated in better educated groups. Neither FFQ performs adequately for Hispanic women. Some of the reasons for this may pertain as much to the adequacy of the reference data as to the adequacy of the FFQs themselves. Thus, the potential usability of FFQs for Hispanic populations should not be discounted, but further investigation is clearly needed.



APPENDIX A

BLOCK FOOD FREQUENCY QUESTIONNAIRE

• Cover Page for Block FFQ (Women's English Version)

• Block FFQ for Women (English Version)

Block FFQ for Women (Spanish Version)

• Block FFQ for Children (English Version)

• Block FFQ for Children (Spanish Version)

The Block Food Frequency Questionnaires can be purchased from:

Dr. Gladys Block 419 Warren Hall University of California at Berkeley Berkeley, California 94720 (510) 643-7896

Fax (510) 643-6981



Foods You Ate in the Past 4 Weeks



Your Name: _____

This form will take about 15 minutes to complete.

OMB Disclosure Statement

Public reporting burden for this collection of information is entirented to very from 10 · 25 minutes per response, including the time for reviewing instructions, searching existing data sources, gathering and minutaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other expect of this collection of information, including suggestions for reducing this burden to Department of Agriculture Clearance Officer Offilet. Room, 404-W. Washington, D.C. 20250; and to the Office of Management and Budget Paperwork Reduction Propers (OMB NO 0578-0018), Washington, D.C. 20503.

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Foods You Ate in the Past 4 Weeks

- This form asks about some of the foods you ate in the past 4 weeks. Remember to include meals and snacks eaten at home or out.
- For every food, please mark with an "X" how often you ate that food.

 For example, if you drank orange juice twice a week in the past 4 weeks,

 put an "X" in the box under "2 per week" (see example below).
- Please tell us how much of that food you usually eat each time.
 Put an "X" under "How Much Each Time?" for small, medium, or large.
 Is the amount small, medium or large compared to other women your age?
 Look at the example below for a large glass of orange fuice.
- For some foods the "How Much" will be very specific.

 For example, if you ate bread twice a day and usually had about one

 slice each time, you would put an "X" over the "1" for 1 slice (see example).

Example:

How Often in the Past 4 Weeks?

How Much Each Time?

the Past 4 Weeks
Orange juice
Bread, including sandwiches, bagels and burger rolls
bagets and burger rous

Foods You Ate in

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18 Milk of	n cereal											L] [
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23 Beef (s	teak or roast), ribs																
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25 Liver ir chicker	ncluding n liver]		
26 Pork, p	ork chops, roasts																
27 Fried C	hicken																
	chicken (stewed, or roasted)																
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31	Beans like pinto or refried beans											\dagger						
32	Rice																	
33	(American style)																	
34	Vegetable soup, tomato soup														[
35	Any other soup											Slic						
36	Pizza										1	2	34					
37	Lunch meats, sliced ham												: 34					
38	Hot dogs												ogs 34					
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48	Chips, popcorn, crackers, pork skins													
49	Peanuts, peanut butter												·, .	
50	Ice cream or pudding													
51	Yogurt, frozen yogurt (including lowfat)													
52	Donuts, pastry													
53	Cake, cookies													
54	Chocolate candy, candy bars													
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55	Orange juice													
56	Apple juice, grape juice													
57	Kool-Aid, fruit drinks, Hi-C				,									
58	Lowfat and skim milk (not including milk on cereal)													
59	Regular milk (not including milk on cereal)													
60	Milk or cream in coffee or tea													
61	Regular soft drinks (not diet soda)													
62	Beer (all types)													
63	All types of wine, wine coolers													
64	Liquor (all types)													
65	Sugar in coffee, tea or on cereal (not sugar substitutes)										1 e	2		
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		PER	WEEK		P.	ER DAY	,								
Single Vitamins	None	1-3 per week	4-6 per week	1 per day	2 per day	3 per day	4 per day	5+ per day							
Iron pills															
Galcium pills															
0 Vitamin E pills															
Vitamin C pills	1														
	<i>-</i>	1			1	·		1							
If you take Vitamin C, how man of Vitamin C is in each tablet?	y millig	ams		100	250	500	1000	Don't Know							
Thank you for	com	pleti	ng ti	his f	orm	ď									
										Г			Т		٦
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Alimentos Que Usted Comió en las Ultimas 4 Semanas

- Este cuestionario le pregunta sobre algunos de los alimentos que usted comió en las últimas 4 semanas. Acuérdese de incluir comidas y meriendas/entre comidas dentro y afuera de su casa.
- Para cada alimento, por favor marque con una "X" debajo de la casilla que indica que tan seguido usted comió ese alimento. Por ejemplo, si usted bebió jugo de naranja dos veces por semana en las últimas 4 semanas, marque con una "X" en la casilla bajo "2 por semana" (vea el ejemplo que sigue).
- Por favor dejenos saber la cantidad de ese alimento que se come cada vez. ¿Es la cantidad pequeña, mediana o grande comparada con otras mujeres de su edad?
 Marque con una "X" bajo "¿Cuánto Cada Vez?", escogiendo entre Chico, Mediano y Grande.
 Fífese en el ejemplo que sigue para un vaso de jugo de naranja grande.
- Para algunos alimentos, "¿Cuánto Cada Vez?" será muy específico. Por ejemplo, si usted comió pan dos veces al día y usualmente se comió una rebanada cada vez, usted marca con una "X" sobre el "1" por una rebanada (vea el ejemplo que sigue).

Ejemplo:

¿Qué Tan Seguido en las Ultimas 4 Semanas?

¿Cuánto Cada Vez?

CLIANTO

Comidas Que Comió en las Ultimas 4 Semanas

Jugo de naranja/china

Pan incluyendo sandwiches, bagels y pan de hamburguess

	POR	MEZ		POR S	EMANA		POR	DIA
Cast Spects	7 0 8 1 2 0 8 1	2-5 en el men persolo	l vez per remane	2 por semana	3-4 por sensos	5-6 por semana	Por día	2+ por dís
				X				
								X

Cnínto cada vez?

	¿Qué las U	Tan :	Segu as 4	ido e Sema	en anas?					¿C Cao	uán la V			Por Esc	For ritia	or I	Ya Ya
		POR	MES		POR SI	MANA		POR	DIA	a	UAN	0					
Comidas Que Comió en las Ultimas 4 Semanas	Casi Nunca	1 vez en el mes pasado	2-3 en el mes pasado	1 vez por semana	2 por semana	3-4 por semana	5-6 por semans	l por dúa	2+ por día	Chico	Mediano	Grande					
Plátanos/guineos/bananos																	
Naranjas/chinas														٦			
Melocotones/duraznos o melón cantalupo																	
Manzanas, uvas u otra fruta																	
		POR	MES	F	POR SI	MANA		POR	DIA	Га	UANT	0					
	Casi Nunca	l vez en el mes	2-3 en el mes	1 vez por	2 por semana	3-4 por	5-6 por semans	l por dúa	2+ por dia	-	Mediano	-					
Tomates				 						-			lг	٦			
Broccoli/brecol	-																
Espinaca		 											l٢	Υ	٦	Γ	٣
Ensalada de col, repolio													Ī	$\overline{\neg}$	_		
Zanahorias												П			٦		
Ensalada de lechuga													l٢	٦		Т	1
Aderezo para ensalada, o mayonesa, aliño														7			,
Papas Incluyendo papas fritas													IC)
Batatas, ñames, camotes					4									Г			
Chile relienos																	
Cualquier otra verdura/vegetal																	
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	: Ouá	Ton	Sagu	ido 4	an.											
					POR SE	MANA	1	POR	DLA	a	UANI	0				
	Casi Nunci	ස ව ස ස	en el mes	l vez por semana	2 por semana	3-4 por semana	5-6 por semana	l por dúa	2+ por dia	Chico	Mediano	Grande				
Cereal cocido																
Cereales fríos, como Cheerios, con o sín leche																
Leche en cereal] [
Huevos/blanquillos										1	2	3+				
Tocineta/tocino, salchichas																
		POR	MES	1	POR SE	MANA		POR	DIA	а	JANT	·o				
	asi Nunca	l vez en el mes	2-5 en el mes	1 vez par	2 por	3-4 por	5-6 por	1 por	2+ par							
Espagheti con salsa de tomate		pesado	pasado	SCHARLE	SCHALL	SCHLARLE	Sertiula	G1.3	65.	3	2	5				
Hamburguesas, hamburguesas con queso, burritos de res, tacos																
Bistec o rosbif/carne de res, costillas																
Caldo de res																
Higado incluyendo higado de pollo																
Cerdo incluyendo chuletas, asados, puerco/marrano																
Pollo frito																
Otro pollo (pollo en caldo, horneado o asado)]	
Sandwich de atun o "tuna casserole"																
Pescado o sandwich de pescado																
	•	•	•	•		,	3	,	4		Рад	ge 2	Wit C	# # 2	Fred	Oak'
	Comidas Que Comió en las Ultimas 4 Semanas Cereal cocido Cereales fríos, como Cheerios, con o sín leche Leche en cereal Huevos/blanquillos Tocineta/tocino, salchichas Espagheti con salsa de tomate Hamburguesas, hamburguesas con queso, burritos de res, tacos Bistec o rosbif/carne de res, costillas Caldo de res Higado incluyendo higado de pollo Cerdo incluyendo chuletas, asados, puerco/marrano Pollo frito Otro pollo (pollo en caldo, horneado o asado) Sandwich de atun o *tuna casserole* Pescado o sandwich de	Comidas Que Comió en las Ultimas 4 Semanas Cereal cocido Cereales fríos, como Cheerios, con o sín leche Leche en cereal Huevos/blanquillos Tocineta/tocino, salchichas Espagheti con salsa de tomate Hamburguesas, hamburguesas con queso, burritos de res, tacos Bistec o rosbif/carne de res, costillas Caldo de res Higado incluyendo higado de pollo Cerdo incluyendo chuletas, asados, puerco/marrano Pollo frito Otro pollo (pollo en caldo, horneado o asado) Sandwich de atun o "tuna casserole" Pescado o sandwich de	Comidas Que Comió en las Ultimas 4 Semanas Cereal cocido Cereales fríos, como Cheerios, con o sín leche Leche en cereal Huevos/blanquillos Tocineta/tocino, salchichas POR POR Tocineta/tocino, salchichas Caldo de ros alsa de tomate Hamburguesas, hamburguesas con queso, burritos de res, tacos Bistec o rosbif/carme de res, costillas Caldo de res Higado incluyendo higado de pollo Cerdo incluyendo chuletas, asados, puerco/marrano Pollo frito Otro pollo (pollo en caldo, horneado o asado) Sandwich de atun o "tuna casserole" Pescado o sandwich de pescado	Comidas Que Comió en las Ultimas 4 Semanas Cereal cocido Cereales fríos, como Cheerios, con o sín leche Leche en cereal Huevos/blanquillos Tocineta/tocino, salchichas POR MES 1 vez en el mes pessado Possado Por MES 1 vez en el mes pessado Por MES 1 vez en el mes pessado Por MES 1 vez en el mes mes mes en el mes	Las Ultimas 4 Semanas POR MES Tweet Por mes Po	Comidas Que Comió en las Ultimas 4 Semanas Cereal cocido Cereales fríos, como Checrios, con o sín leche Leche en cereal Huevos/blanquillos Tocineta/tocino, salchichas POR MES POR SI 1 vez en el mes possado pos possado possado possado possado possado possado possado possado possado poss	Las Ultimas 4 Semanas? POR MES POR SEMANA Twez Por mes Por M	Comidas Que Comió en las Ultimas 4 Semanas? POR MES POR SEMANA	Las Ultimas 4 Semanas? POR MES POR SEMANA POR	Comidas Que Comió en las Ultimas 4 Semanas? POR MES POR SEMANA POR DIA	Comidas Que Comió en las Ultimas 4 Semanas? POR MES POR SEMANA POR DIA	Las Ultimas 4 Semanas? Cada V	Sas Ultimas 4 Semanas Cada Vez?	Comidas Que Comió en las Ultimas 4 Semanas? Comidas Que Comió en las Ultimas 4 Semanas? Cereal cocido Cereal cocido Cereales fríos, como Cheenos, con o sín leche Leche en cereal Huevos/blanquillos Tocineta/tocino, salchichas POR MES POR SEMANN POR DIA 1 2 3 4 5 6 1 2 2 3 4 5 6 6 1 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0	Comidas Que Comió en las Ultimas 4 Semanas? Cereal cocido Cereal es fíros, como Cheenos, con o sin leche Leche en cereal Huevos/blanquillos Tocineta/locino, salchichas POR MES POR SEMANA POR DIA POR MES POR MES POR MES POR SEMANA POR DIA POR MES POR MES POR MES POR SEMANA POR DIA POR MES POR MES POR SEMANA POR DIA POR MES POR MES POR MES POR MES POR MES POR SEMANA POR DIA POR MES POR ME	Las Ultimas 4 Semanas POR NES POR SEMAN POR DIA POR DIA

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	Comidas Que Comió en las Ultimas 4 Semanas	Casi Nanca	l vez en el mes pesado	2-3 en el mes pasado	l vez por semana	2 por semana	3-4 por semans	5-6 por semana	l por dús	2+ por día	Object	Mediano	Grande						
48	Bocaditos salados como papitas fritas, palomitas de maíz, chicharrón de puerco																		
49	Maníes/cacahuates, mantequilla de maní/crema de cacahuate																		
50	Helado/nieve/mantecado, budín/pudín																[
51	Yogurt o yogurt congelado											Ì							
52	Donas, pan dulce															[
53	Pastel, tortas, galletas																		
54	Duice de chocolate																		
		•	۰	•	1	1	2	2	3	4									
		Casi Nunca	1-3 en el mes pasado	l vez por semans	2-4 por semans	5-6 por semana	l por día	POR 2 por dia	3-4 por dia	5-6 por dia	Chico	Mediano	Grande						
55	Jugo de naranja/china																		
56	Jugo de manzana o de uva																		
57	Kool-Aid o bebidas de fruta, aguas frescas]				
58	Leche descremada/*lowfat* (sin Incluir leche en cereal)																[
59	Leche entera/"whole" (sin incluir leche en cereal)																		
60	Leche o crema con café o té																		
61	Sodas (sin incluir sodas de dieta)																		
62	Cerveza																		Š
63	Todo upo de vino, "wine coolers"																		
64	Licor, todo tipo de licor																		ě
65	Azücar en café, té o con cereal (sin incluir azucar de dieta)																		
		۰	•	•	1	2	3	4	•	6		Pa	igc 4						
														YH C	W.A.	Ž	<u> </u>	ğ	

		oras	las ú		isual	ment	te?	cuái	ntas			Favor Iba Ab	
		POR S	EMANA		I	POR DL	A	Γ					
	Ninguna	1-5 por	4-6 por	1 por	2 por	3 par	4 por	5+ por					
Vitaminas Múltiples	Z	semana	semana	qu	dia	día	día	día					
66 Vitaminas prenatales													
Vitaminas múltiples como Vitamina Una al Día													
	Г	POR S	EMANA		F	OR DI	۸]				
	100	1-3	4-6	1	2	3	4	5+	1				
Vitaminas Individuales	Ninguna	por semana	por semana	por dia	por dis	dis.	por dús	por día					
68 Pildoras/tabletas de hierro									1				
69 Pildoras/tabletas de calcio													
70 Vitamina E													
71 Vitamina C													
			1						1				
¿Si usted toma Vitamina C, cuántos m	ligram	OS .		100	250	500	1000	No Sé					
de Vitamina C tiene cada píldora?					<u> </u>								
¡Gracias por com	plet	ar es	ste Ci	esti	ona	rio!							
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Scale 75% of original

Foods Your Child Ate in the Past 4 Weeks

- This form asks about some of the foods your child ate in the past 4 weeks. Remember to include foods eaten at day care or with relatives or friends.
- For every food, please mark with an "X" how often your child ate that food.

 For example, if your child drank orange futce twice a week in the past 4 weeks,

 put an "X" in the box under "2 per week" (see example below).
- Please tell us how much of that food your child usually eats each time. Is the amount small, medium or large compared to other children of the same age? Put an "X" under "How Much Each Time?" for small, medium, or large. Look at the example below for a large glass of orange futce.
- For some foods the "How Much" will be very specific.

 For example, if your child ate bread twice a day and usually had about one slice each time, you would put an "X" over the "1" for 1 slice (see example).

Example:

How Often in the Past 4 Weeks?

Compared to Other Children How Much Each Time?

Foods Your Child Ate in the Past 4 Weeks

Bread, including sandwiches,
bagels and burger rolls

6	PER M	HTAO		PER V	VEEK		PER	DAY
Almost New	i tene lasi monda	2.5 last month	and the second	2 per week	3-4 per week	5-6 per week	l per day	2+ per day
				X				
								X

	A)	UON	NT
	Small	Medium	Large
			X
	Slice	S (each	==0
į	X	2	3+

	Child's Name:	Hov	v Ofte	en in	the	Past	4 We	eks?	_		Oth	w M	ed to lidren luch ime?	Do Not Write Below
		a	PER M	ONTH		PER V	VEEK		PER	DAY	A	MOU	NT	
	Foods Your Child Ate in the Past 4 Weeks	Almost Never	1 time last month	2·3 Last month	1 time per week	per	3-4 per week	5-6 per week	1 per day	2+ per day	Small	Medium	Large	
1	Bananas													
2	Oranges													
3	Peaches, cantaloupe													
4	Baby food fruit													
5	Apples, grapes or any other fruit													
		to .	PER M	ONTH		PER V	VEEK		PER	DAY	A	MOU	NT	
		Almost Never	l time last month	2-3 last month	l time per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Small	Medium	Large	
6	Tomatoes													
7	Broccoli													
8	Greens, spinach													
9	Cole slaw, cabbage													
10	Carrots													
11	Green salad													
12	Salad dressing				•									
13	Potatoes including French fries													
14	Sweet potatoes, yams													
15	Cooked green peppers, chile rellenos													
16	Any other vegetable					j								
		•	•	•	•	•		*	3	4		Pa	gc 1	With Control C

Child's Name:	How	v Ofte	en in	the	Past	4 We	eks?			Othe Ho	w M	ed to ldren uch me?			Not ' Belo	Welte	# **
	ь	PER M	IONTH		PER V	VEEK		PER	DAY	A	MOU	NT					
Foods Your Child Ate in the Past 4 Weeks	Almost Never	1 time last month	2-3 last month	1 time per week	per	3-4 per week	5-6 per week	1 per day	2+ per day	Small	Medium	Large					
Cooked cereals, grits, hot baby food cereals																	
Cold cereals, such as Cheerios, with or without milk													[]		
19 Milk on cereal										_							
20 Sugar on cereal						!					aspoo	3+					
21 Eggs											Eggs 2 Piece	3+					
22 Bacon, sausage, links										1		3+					
	34	PER M			PER V				DAY		MOU	NT TN					
	Almost Never	1 time last month	2.3 last month	1 time per week	per week	3-4 per week	5-6 per week	per day	2+ per day	Small	Medium	Large					
Spaghetti with tomato sauce]		
Hamburgers, cheeseburgers, beef burritos, tacos																	
25 Beef (steak or roast), ribs																	
Mixed dishes with beef like beef stew																	
Liver including chicken liver]		
28 Pork, pork chops, roasts																	
29 Fried chicken																	
Other chicken (stewed, baked or roasted)												\Box					
Tuna sandwich or tuna casserole												_					
32 Fish, fish sandwich					,	لــِـا	لبا										
	•	•	•	•	•	8	2	3	•		Pa	ge 2		W. C.	Pros	E T	

Child's Name:		v Ofte	en in	the	Past 4	4 We	eks?			Othe	npare r Chi w M h Ti	dren uch			ot Wel	ite
	Þ	PER M	НТИО	L	PER W	ÆEK		PER	DAY	A.	NOU	TV				
Foods Your Child Ate in the Past 4 Weeks	Almost Never	1 time last month	2-3 last month	1 time per week	2 per week	3-4 per week	5-6 per week	1 per day	2+ per day	Small	Medium	Large				
Beans like pinto or refried beans																
Rice																
Chili with meat or beans (American style)																
Vegetable soup, tomato soup																
Any other soup																
38 Pizza											Slices 2					
Lunch meats, sliced ham										1		3+		[].
Hot dogs										1 H	ot Do	3+]
		PER M	ONTH		PER W	/FFK		PER I	DAY	AB	MOUL	vr]				
	Almost Never	1 time	2-3 last	1 time	2 per	3-4 per	5-6 per	l per	2+ per		Medium	25-5				
Biscuits, muffins	Ą	month	month	week	week	week	week	day	day	S	Ř	3				
Discuits, manus					-	-						\dashv			-	_
					- 1				- 1			- 1				Ш
Corn bread, corn muffins												-				
Margarine or butter														_	_	
Marganne or butter Cheese and cheese spread																
Marganne or butter Cheese and cheese spread Mixed dishes with cheese, macaroni and cheese																
Marganne or butter Cheese and cheese spread Mixed dishes with cheese, macaroni and cheese Salsa, taco sauce, ketchup, hot red peppers													Ę			
Marganne or butter Cheese and cheese spread Mixed dishes with cheese, macaroni and cheese Salsa, taco sauce, ketchup,										1		3+	ı.C			
Marganne or butter Cheese and cheese spread Mixed dishes with cheese, macaroni and cheese Salsa, taco sauce, ketchup, hot red peppers Bread, including sandwiches,										1 Tortil	2	3+ 3+	Ε			
Margarine or butter Cheese and cheese spread Mixed dishes with cheese, macaroni and cheese Salsa, taco sauce, ketchup, hot red peppers Bread, including sandwiches, bagels and burger rolls										1 Tortil	2	3+	· C			
Margarine or butter Cheese and cheese spread Mixed dishes with cheese, macaroni and cheese Salsa, taco sauce, ketchup, hot red peppers Bread, including sandwiches, bagels and burger rolls Corn tortillas	•		•		•	2	2	3	4	1 Tortil 1 Tortil	2 2	3+	T			

	<u>-</u>										Do Not Write Below
								Oth	er Ch	idren	
w Oft	en in	the	Past	4 We	eks?						
PER !	HTMON		PER	WEEK	1	PER	DAY	A	MOU	NT	
last	last	per	per	3-4 per week	5-6 per week	1 per day	2+ per day	Small	Medium	Large	
										П	
٥	0	1	1	2	2	3	4				
1.3	PE	R WEE	Ж		PER	DAY		Al	NOU	NT	
tumes tast	1 time per week	2-4 per week	5-6 per week	1 per day	2 per day	3-4 per day	5-6 per day	Small	Medium	Large	
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Child's Name:												Not V Belov		
	Duri pills	ng th did y	ne pa	st 4 chilo	weel l usu	ks, ho ally t	ow n	nany						
		PER	WEEK		P	ER DAY								
Multiple Vitamins Pills, chewable tablets or liquid	None	1-3 per week	4-6 per week	1 per day	2 per day	3 per day	4 per day	5+ per day						
Multiple vitamins like One-a-Day tablets, children's vitamins														
		PER '	WEEK	<u> </u>		ER DAY								
Single Vitamins Pills, chewable tablets or liquid	None	1-3 per week	4-6 per week	per day	per day	per day	4 per day	5+ per day						
64 Iron pills														
65 Calcium pills														
66 Vitamin E pills														
67 Vitamin C pills														
								Don't)					
If your child takes Vitamin C, how	many	,		100	250	500	1000	Know						
milligrams of Vitamin C is in each	ublet	,										٠		
Thank you for	com	pleti	ing t	his i	forn	บ่								
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									TOTAL					
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Alimentos Que Su Niño/a Comió en las Ultimas 4 Semanas

- Este cuestionario le pregunta sobre algunos de los alimentos que su niño/a se comió en las últimas 4 semanas. Acuérdese de incluir los alimentos que se hayan comido en la guardería infantil o con familiares o amistades.
- Para cada alimento, por favor marque con una "X" debajo de la casilla que indica que tan seguido su niño/a comió ese alimento. Por ejemplo, si su niño/a bebió fugo de naranja dos veces a la semana en las últimas 4 semanas, marque con una "X" en la casilla debajo de "2 por semana" (vea el ejemplo que sigue).
- Por favor dejenos saber la cantidad de ese alimento que su niño/a se come cada vez. ¿Es la cantidad pequeña, mediana o grande comparada con otros niños de la misma edad? Marque con una "X" bajo "¿Cuánto Cada Vez?", escogiendo entre Chico, Mediano y Grande. Fíjese en el ejemplo que sígue para un vaso de jugo de naranja grande.
- Para algunos alimentos, "¿Cuánto Cada Vez?" será muy específico. Por ejemplo, si su niño/a comió pan dos veces al día y usualmente se comió una rebanada cada vez, usted marca con una "X" sobre el "1" por una rebanada (vea el ejemplo que sigue).

Ejemplo:

¿Qué Tan Seguido en las Ultimas 4 Semanas?

Comparado a otros niños ¿Cuánto Cada Vez?

Comidas Que Su Niño/a Comió en las Ultimas 4 Semanas

Jugo de naranja/china

Pan incluyendo sandwiches, bagels y pan de hamburguesa

	POF	MES		POR S	EMANA		POF	DIA
Sal Marca	1 vg ca d ca d ca possio	25 on d on peads	I ver per remake	por semans	3-4 por semana	5-6 por semana	1 por dia	2+ por día
				X				
								X

a	UANT	0
Chico	Mediano	Grande
		X
Coán	10 CM	vez)

	Nombre del Niño/a	¿Qué	Tan Jltim	Segu as 4	ido e Sema	en anas?					90 20	npara ros ni Cuán da V	ños ito	Por Favor No Escriba Abajo
	Comidas Que Su		POR	_		POR SI	MANA	·	POR	DIA	C	UAN	ro	
	Niño/a Comió en las Ultimas 4 Semanas	Casl Nunca	l vez en el mes passado	2-3 en el mes pasado	l vez por semana	por semana	3-4 por semana	5-6 por semana	l por día	2+ por dúa	Chico	Mediano	Grande	
1	Plátanos/guineos/bananos													
2	Naranjas/chinas													
3	Melocotones/duraznos o melón cantalupo													
4	Comida de niño fruta												Ш	
5	Manzanas, uvas u otra fruta													
			POR	MES		POR SI	MANA		POR	DIA	Г	UAN	го	
		Cast Nunca	1 vez en el mes	2-5 en el mes	1 wzz por semana	2 por	3-4 por	5-6 por semana	l por día	2+ por día	Chico	Mediano	Grande	
6	Tomates										\vdash		H	
7	Broccoli/brecol								-				П	
8	Espinaca													
9	Ensalada de col, repolio													
10	Zanahonas													
11	Ensalada de lechuga												П	
12	Aderezo para ensalada, o mayonesa, aliño													
13	Papas incluyendo papas fritas													
14	Batatas, ñames, camotes													
15	Chile relienos												П	
16	Cualquier otra verdura/vegetal													
		•	•	•	·	,	*	8	3	4		Pa	ge 1	Witch With Management of the Caste C

]	Nombre del Niño/a											perso os nii				or No Abajo	
		Qué las U	Tan : Iltim:									uán Ia V					
(Comidas Que Su		POR	MES		POR SE	MANA		POR	DIA	a	UANT	o				
I	Niño/a Comió en las Ultimas 4 Semanas	Cast Nunca	i vez en el mes pasado	2-3 en el mes pesado	l vez por semana	2 por semana	3-4 por semana	5-6 por semana	l por dia	2+ por dis	Chico	Mediano	Grande				
17	Cereal cocido, comida de niños cereal caliente																
8	Cereales fríos, como Cheerios, con o sín leche]		
9	Leche en cereal															J	
0	Azúcar en cereal										,	harad 2					
11	Huevos/blanquillos										1	lu <i>e</i> vo	3+	Ε		П	
2	Tocineta/tocino, salchichas										įC 1	uánto 2	3+				
										$\overline{}$			_				
			POR			POR SE	MANA	_	POR	DIA	\vdash	JANT	0				
		Cast Nunca	en el mes pesado	2-3 en el mes pesado	i vez por semans	por semana	3-4 por semana	5-6 por semans	1 por dis	2+ por dia	Chico	Mediano	Grande				
3	Espagheti con salsa de tomate]		
	Hamburguesas, hamburguesas con queso, burritos de res, tacos																Ĵ
:5	Bistec o rosbif/carne de res, costillas																
6	Caldo de res																
	Higado incluyendo higado de pollo]		
8	Cerdo incluyendo chuletas, asados, puerco/marrano																
9	Pollo frito												.				
	Otro pollo (pollo en caldo, horneado o asado)															ļ	
"	Sandwich de atún o "tuna casserole"																
2	Pescado o sandwich de pescado																
		•	•	•	•	•	2	2	3	4							
												Pas	ge 2		T	П	٦

	Nombre del Niño/a	¿Qué	Tan Jitim	Segu	ido e	n					otr ¿C	npan ros ni Cuár	nos NO	Por l Escri			
		las (_		ez?				
]	Comidas Que Su Niño/a Comió en las Jltimas 4 Semanas	Casi Nunca	1 vez en el mes pasado	2-3 en el mes	1 vez por	POR SE 2 por semana	3-4 por	5-6 por semana	POR 1 por dúa	DIA 2+ por dúa	Chico	Mediano	Grande				
33	Frijoles como frijol pinto o refritos o habichuelas																
34	Arroz												П				
35	"Chili con carne" estilo americano												П				
36	Sopa o caldo de verduras/ vegetales o tomates no incluyendo res o pollo																
37	Otras sopas o caldos																
38	Pizza											bana 2	das 3+				
39	Jamón, fiambres, carnes frías, carne de lonche											bana 2	das 3+				
40	Hot dog/perro caliente										H	ol Do	gs 3+				
		5	POR 1 vez	MES 2-5		POR SE			POR		0	UAN	ro				
		Casi Nunca	es el mes pesado	es el mes pasado	per per semana	per temata	3-4 por semans	5-6 per semana	per dia	2+ par dia	Chico	Mediano	Grande				
41	Panecillos, bizcochos/ bisquetes																
42	Pan de maiz, panecillos de maiz														[]
43	Margarina o mantequilla																
44	Queso y queso crema																<u></u>
45	Platillos con queso incluyendo macarrón con queso																
46	Salsa, ketchup, chiles rojos picantes														J		
	Pan incluyendo sandwiches, bagels y pan de hamburguesa											ada v	ez 3+			Τ	<u>ו</u>
48	Tortillas de maíz/masa										Torul		3+		[I	
49	Tortillas de harina										Tortil	les (c	3+]
		•	•	•	,	1	8	2	3	4		Pa	ige 3		ř	8 3	

	Nombre del Niño/a	ı: <u> </u>																	r No bajo	
		¿Qué las U	Tan S Ultima	Segu as 4	ido e Sema	en anas?	,				otr Oʻs	mpara ros ni Cuán da V	iños 1to							
	Caraldae Over Cu		POR	MES		POR SE	MANA		POR	DIA	C	JAN	го							
	Comidas Que Su Niño/a Comió en las Ultimas 4 Semanas	Casi Nunca	l vez en el mes pasado	2-3 en el mes pasado	l vez por semana	2 por semana	3-4 por semana	5-6 por semana	l por día	2+ por dia	Chico	Mediano	Grunde							
50	maíz, chicharrón de puerco																			
51	Manies/cacahuates, mantequilla de mani/crema de cacahuate																			
52	Helado/nieve/mantecado, budín/pudín																			
53	Yogurt o yogurt congelado																			
54	Donas, pan dulce																	C		
55	Pastel, tortas, galletas																			
56	Dulce de chocolate																			
1		Cast Nunca	1-3 en el mes pesado	1 vez	R SEMA 2-4 por semans	5-6 par	l por dia	POR 1	3-4 por dia	5-6 por dia	Chico	Mediano	Grande							
57	Jugo de naranja/china																			
58	Jugo de manzana o de uva																			
59	Kool-Aid o bebidas de fruta, aguas frescas																			
60	Leche descremada/"lowfat" (sin inclur leche en cereal)																I			
61	Leche entera/"whole" (sin incluir leche en cereal)							·								Ţ	\prod		Γ	
62	Sodas (sin incluir sodas de dieta)																			
		•	0	0	,	2	3	•	5	6										
												Pa	age 4	í	ſ	T	T		T	٦
															L	MC	M.A.	Ĕ,	E 2	•
															\$333000		40.000		All Company	6600 March

Nombre del Niño/a:													100000000000000000000000000000000000000	ir No Ubajo		
		rante oras														
		POR S	EMANA		Ī	OR DL	1									
Vitaminas Múltiples Pildoras, tabletas, o en líquido	Ninguna	1-3 por semana	4-6 por semana	l por dúa	2 por día	3 por día	4 por día	5+ por dús								
Vitaminas múltiples como Vitamina Una al Día, vitaminas para niños																
		Inone	EMANA	1		NOR DI			1							
		 	1	-		OR DL	Ι									
Vitaminas Individuales Pildoras, tabletas, o en líquido	Ninguna	1-3 por semana	4-6 por semana	por dús	por dús	por dús	por dúa	5+ por día								
64 Pildoras/tabletas de hierro																
65 Pildoras/tabletas de calcio																
66 Vitamina E															•	
67 Vitamina C																
	L	•							1							
				100	250	500	1000	No Sé								
68 cSi su niño/a toma Vitamina C, cuantos de Vitamina C tiene cada pildora?	milig	ramos														
¡Gracias por com	plet	ar es	ite Cl	uesti	ona	rio!							e.			
								P	ige 1							
								P	ige 2	Ĭ						
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								P	ige 3							
								P	ige 4							
								TO	OTAL	Γ						
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APPENDIX B

HARVARD FOOD FREQUENCY QUESTIONNAIRE

- Harvard FFQ Administration Instructions
- Harvard FFQ Manual Scoring Templates
- Cover Page for Harvard FFQ (Women's English Version)
- Harvard FFQ for Women (English Version)
- Harvard FFQ for Women (Spanish Version)
- Harvard FFQ for Children (English Version)
- Harvard FFQ for Children (Spanish Version)

Important Note: The actual Harvard Women's and Children's questionnaires have the alternate items printed on a shaded background to facilitate reading across the frequency response categories. This is an important design feature which, unfortunately, could not be faithfully photo-copied on the examples printed in this Appendix. The questionnaires used in this validation study, obtained directly from Harvard School of Public Health, had the shaded items on them. An example of alternate shaded items can be seen on the Block FFQs in Appendix A.

The Harvard Food Frequency Questionnaires can be purchased from:

Dr. Jane Gardner
Department of Maternal and Child Health
Harvard School of Public Health
677 Huntington Avenue
Boston, Massachusetts 02115
(617) 432-1080
Fax (617) 432-3755
E-mail:JGardner@HSPH.HARVARD.EDU

Recommended Verbal Instruction for Administering the Women's and Children's Food Frequency Questionnaires

- 1. Fill in the client identification information in the upper right hand corner. Be sure to fill this in completely as the information is necessary to carry out the analyses.
- Provide the appropriate questionnaire, clipboard, and pencil. Say to the woman,

"This is the form we would like you to fill out. It has three sides. We want you to think about what you ate (or your child ate) during the last <u>four weeks</u>. We know you can't remember exactly, but you probably have a good idea."

Read the direction on the form aloud while pointing to them.

"You select how often you ate the food from zero times in the last four weeks to six or more times each day," [point to the scale above the column].

"Suppose you (or your child) drank one glass of milk [point to milk] everyday [point to per day]. Then you put an X or a check here [point]. This column is for foods you had just one to three times in the last four weeks [point]."

"We are asking about <u>serving</u> of food, not tastes. So if you put an X here [point to ice cream, 6+/day], that would say that you had eaten six or more bowls of ice cream every day for the past four weeks. Use this column only for foods you ate a lot of every day. Remember to make a mark in this column [never] if you <u>did not</u> eat the food. It helps you to keep your place and it helps us to know that you did not forget a food."

- Watch as the client fills out the first three foods to be sure she understands the instructions.
- Collect the finished form and check for errors in completion, i.e., pages or rows not filled in, double marked rows, number of eggs.

Template to Score Women's	s and Children's Nutrition Questionnaires
Please Follow the Directions in the Ord	
Milk Products and Fruits	
1. Place this template on Page 1 so that the two shaded boxes show through the holes in the template.	
Count the checks in each column, and write the numbers in the boxes beneath each column.	
3. Using the colors above the boxes and the numbers in the boxes, compare with the following combinations for a match working from right to left. Once a match is found, mark the shaded box on the questionnaire with the symbol in the gray box (X or -) next to the matched combination.	
In the combinations, any number that crosses two or more small boxes is the TOTAL of those small boxes.	
4. Once you have marked the shaded box, go to the next food group.*	
Hilk Products Combinations	L
4	
Pruits Combinations	,
≥10	
≥4 1 0 X ≥1 3 1 0 X ≥3 2 1 0 X ≥5 1 1 0 X	
≥7 0 1 0 X ≥7 0 0 X	
≥2 6 0 0 X	
24 5 0 0 X	
8 3 0 0 X	
	\$ 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0
The shaded box with the mark [X] indicates the minimum intake has been met or exceeded. The shaded box with the mark [-] indicates the minimum intake has not been met.	
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Page 2

Vegetables

- Place this template on Page 2 so that the shaded box shows through the hole in the template.
- Count the checks in each column, and write the numbers in the boxes beneath each column.
- Multiply the number in the box under B2 by 2. Add that result to the number in the box under B1, and write the sum in the circle.
- 4. Using the colors above the boxes, the numbers in the boxes, and the circle, compare with the following combinations for a match working from right to left. Once a match is found, mark the shaded box on the questionnaire with the symbol in the gray box (X or -) next to the matched combination.

In the combinations, any number that crosses two or more small boxes is the TOTAL of those small boxes.

5. Once you have marked the shaded box go to the next food group.*

Vegetables Combinations

		_			
≥5	()		٥	0	-
	()			≥2	X
	()		≥1	1	X
	()		≥3	0	X
	()	≥2	2	0	X
	(≥2)	1	2	0	Х
	(≥7)	0	2	٥	Х
	()	≥3	1	0	X
	(≥2)	2	1	0	Х
	(≥9)	1	1	0	X
	(≥14)	0	1	0	Х
	()	≥5	0	0	Х
	(≥1)	4	0	0	X
	(≥6)	3	0	0	X
	(≥11)	2	0	0	Х
	(≥16)	1	0	0	X
	(≥21)	0	0	0	Х
No ma	cch				-
				_	

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[•] The shaded box with the mark [X] indicates the minimum intake has been met or exceeded. The shaded box with the mark [-] indicates the minimum intake has not been met.

Masta	Page 3-1
1. Place this template on Page 3 so that the shaded box shows through	
the hole in the template.	
Count the checks in each column, and write the numbers in the boxes beneath each column.	
Make an adjustment for eggs by adding 1 to the number of one box, as shown below:	<u> </u>
Number of Women Children eggs/wk	
None $ \begin{vmatrix} 2 & \text{or } 3 \\ 4 \\ 5 & \text{or more} \end{vmatrix} + 1 \begin{vmatrix} +1 \\ +1 \\ +1 \end{vmatrix} $	
4. Using the colors above the boxes and the numbers in the boxes, compare with the following combinations for a match working from right to left. Once a matcf. is found, mark the shaded box on the questionnaire with the symbol in the gray box (X or -) next to the matched combination.	
In the combinations, any number that crosses two or more small boxes is the TOTAL of those small boxes.	r
 Once you have marked the shaded box, go to the next food group.* 	
Heats Combinations	
26 0 0 -	
	L
≥2 1 0 X	
21 1 1 0 X 22 0 1 1 0 X	
22 0 1 1 0 A	
≥2 2 0 0 X	
≥2 1 2 0 0 X	
24 0 2 0 0 X 25 1 0 0 X	
25 1 0 0 X	
≥3 3 1 0 0 X	
≥5 2 1 0 0 X	
7 1 1 0 0 X	
≥7 0 0 0 X ≥2 6 0 0 0 X	
4 5 0 0 0 X	
No match -	
	Women
	2-3 24 Eggs
	•1 •1
	101010101
A Min shaded here with the	
* The shaded box with the mark [X] indicates the minimum intake has	1 2-4 25
been met or exceeded. The shaded box with the mark [-]	Children
indicates the minimum intake has not been met.	
not been met.	Copyright 1991, Harvard School of Public Health
	CONTRACTOR AND VALUE SCHOOL OF PROJECTION

Scale 75% of original

Page 3-2

Grains

- Place this template on Page 3 so that the shaded box shows through the hole in the template.
- Count the checks in each column, and write the numbers in the boxes beneath each column.
- 3. Using the colors above the boxes and the numbers in the boxes, compare with the following combinations for a match working from right to left. Once a match is found, mark the shaded box on the questionnaire with the symbol in the gray box (X or -) next to the matched combination.

In the combinations, any number that crosses two or more small boxes is the TOTAL of those small boxes.

Grains Combinations 1

			T	I	T		
≥5	Ī				0		-
				\Box		≥1	Х

- If you have marked the shaded box, stop.* Otherwise, continue the following steps.
- 5. Multiply the numbers in the boxes by the numbers shown on the template, and write the results in the circles above the boxes. Add the values in the circles under the yellow, and write the sum in the white box. Add the values in the circles under the green, and write the sum in the box under the blue.
- 6. Compare the numbers in the white box and the box under the blue with the following combinations for a match working from right to left. Once a match is found, mark the shaded box on the questionnaire with the symbol in the gray box (X or -) next to the matched combination.
- Once you have marked the gray box, stop.

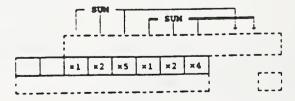
Grains Combinations 2

	≥6	X
≥7	5	Х
≥14	4	X
≥21	3	X
≥28	2	X
≥35	1	X
≥42	0	X
No m	atch	-

• The shaded box with the mark [X] indicates the minimum intake has been met or exceeded. The shaded box with the mark [-] indicates the minimum intake has not been met.







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Foods You Ate in the Past 4 Weeks



Your Name: _____

This form will take about 15 minutes to complete.

OMB Declarate Statemen

Public reporting burden for this collection of information is estimated to very from 10 - 25 minutes per response, including the time for reviewing instructions, searching emitting data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Sand communes requiring this territor estimate or any other aspect of this collection of information, including suggestions for reducing this burden to Department of Agriculture Character Officer Officer Officer Officer, the Collection of the Office of Management and Budget Paparwerk Reduction Present (OMS NO 9578-0018), Washington, D.C. 20503.

BWE	5			



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Women's Nutrition Ques	stie	onn	aiı	re		I	D					
Women's Nutrition que	3014	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,		. •								
						- 1						
							regn	ant			[
What Have You Been Eati	ng .	Late	ely:	?			EDC Breast				۱ –	1
						1		t 6 m		;		,
During the past 4 weeks, how often			at			E	Breas				[]
a serving of each of the foods lis								d 6 m			_	
Mark only one X for each	h fo	od				L	Not B	reasti	eedin	ng 	[]
		rt 4 eks	ea	ch w	eek		each	day]		
Number of times	0	1-3	1	2-4	5-6	1	2-3		6+			
Milk										1		
Hot chocolate										2		
Cheese, plain or in sandwiches										3		
Yogurt										4		
Ice cream										5		
Pudding										6		
[] lowfat [] skim	las	et 4	-	ch w		1	each	day		1		
Number of times	0	1-3	1		5-6	1	2-3		6+			
Orange or grapefruit										7		
Orange juice or grapefruit juice				:	į					8		
Apple juice										9		
Other fruit drinks (Hi-C, Kool-aid, lemonade)										10		
Banana										11		
Apple or applesauce										12		
Grapes										13		
Peaches										14		
Strawberries										15		
				,	1					16		
Cantaloupe										17		
Cantaloupe Watermelon					1					18		
				1								
Watermelon Pineapple										19		
Watermelon										19	-	

Mark only one X for each food

How often did you eat a serving of these foods during the past 4 weeks?

		st 4 eks	e	nch w	eek		eacl	day	
Number of times	0	1-3	1	2-4	5-6	1	2-3	4-5	6+
Corn			L						
Peas (canned, frozen, or fresh)									
Tomatoes									
Peppers (green, red, hot)									
Carrots									
Broccoli									
Green beans									
Spinach									
Greens (mustard, turnip, collards)									
Squash, orange or winter									
French fries, fried potatoes									
Potatoes (baked, boiled, or mashed)			Г						
Sweet potatoes or yams									
Cabbage or coleslaw									
Lettuce salad									
Salad dressing or mayonnaise									

		L		
)			

	la	eks	000	cb we	ek		each	day	
Number of times	0	1-3	1	2-4	5-6	1	2-3	4-5	6+
Chips (potato, corn, others)									
Nuts									
Cookies or brownies									
Cake or cupcake					!				
Pie (pumpkin, sweet potato, or squash)									
Other pie									
Jeilo	1 .								
Chocolate candy		1		1					
Other candy									
Coffee or tea									
Soft drinks									
Sugar-free soft drinks	-			1					

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Mark only one X for each food
How often did you eat a serving of these foods during the past 4 weeks?

Number of times 0 13 1 24 56 1 23 45 5 5 Chaked beans or chili beans Ditice dried beans, peas, or Lima beans Rice Spaghetti or other pasta with sauce Pizza Macaroni and cheese Hot dogs Hamburgers, meatballs, or meatloaf Danned tuna Cold cuts (baloney, ham, salami) Peanut butter Dread, toast, or rolls Margarine or butter Drick chops, roast pork, or ribe Steak or roast beef Dish Liver Bausage Baccon Idot cereal or grita Cold breakfast cereal Donut Weet roll or muffin Pancake, waffle, or French toast Conglish muffin or bagel Biscut Combread or tortullas Fegetable soup Rher soup Frackers Low Margarine one week?		la	st 4	es	ch we	eek		each	day	
Other dried beans, peas, or Lima beans Rice Spaghetti or other pasta with sauce Pizza Macaroni and cheese Hot dogs Hot dogs Canned tuna Cold cuts (baloney, ham, salami) Peanut butter Bread, toast, or rolls Margarine or butter Chicken or turkey Pork chops, roast pork, or ribe Steak or roast beef Siah Liver Sausage Jacon John to cereal or grita Cold breakfast cereal John to muffin Pancake, waffle, or French toast Cinglish muffin or bagel Jiscut Jornbread or tortillas (egetable soup Trackers Jow many eggs do you eat in one week?	Number of times	1	_	1	2-4	5-6	1	2-3	4-5	6+
Rice Spaghetti or other pasta with sauce Pizza Macaroni and cheese Hot dogs Hamburgers, meatballs, or meatloaf Janned tuna Cold cuts (baloney, ham, salami) Peanut butter Bread, toast, or rolls Margarine or butter Chicken or turkey Pork chops, roast pork, or ribe Steak or roast beef Sish Jiver Sausage Jacon Jot cereal or grits Joint to muffin Pancake, waffle, or French toast English muffin or bagel Jiscut Jornbread or tortillas Regetable soup Trackers Jown Margaria or week?	Baked beans or chili beans									<u> </u>
Spaghetti or other pasta with sauce Pizza Macaroni and cheese Hot dogs Hamburgers, meatballs, or meatloaf Canned tuna Canned	Other dried beans, peas, or Lima beans									
Pizza Macaroni and cheese Hot dogs Hamburgers, meatballs, or meatloaf Canned tuna Canned t	Rice									
Macaroni and cheese Hot dogs Hamburgers, meatballs, or meatloaf Canned tuna Cold cuts (baloney, ham, salami) Peanut butter Gread, toast, or rolls Margarine or butter Chicken or turkey Pork chops, roast pork, or ribs Steak or roast beef Cish Liver Gausage Bacon Hot cereal or grits Cold breakfast cereal Conut Complete (Sancake, waffle, or French toast Cinglish muffin or bagel Construction Complete (Sancake) Com	Spaghetti or other pasta with sauce									
Hot dogs Hamburgers, meatballs, or meatloaf Canned tuna Cold cuts (baloney, ham, salami) Peanut butter Bread, toast, or rolls Margarine or butter Chicken or turkey Cork chops, roast pork, or ribs Steak or roast beef Sish Liver Bausage Bacon Hot cereal or grits Cold breakfast cereal Conut Conut Conut Conut Conglish muffin or bagel Disscutt Combread or tortillas Fegetable soup Cher soup Crackers How many eggs do you eat in one week?	Pizza									
Hamburgers, meatballs, or meatloaf Canned tuna Cold cuts (baloney, ham, salami) Ceanut butter Bread, toast, or rolls Margarine or butter Chicken or turkey Cork chops, roast pork, or ribe Steak or roast beef Cish Liver Sausage Sacon Hot cereal or grits Cold breakfast cereal Connut C	Macaroni and cheese						Г			
Hamburgers, meatballs, or meatloaf Canned tuna Cold cuts (baloney, ham, salami) Ceanut butter Bread, toast, or rolls Margarine or butter Chicken or turkey Cork chops, roast pork, or ribe Steak or roast beef Cish Liver Sausage Sacon Hot cereal or grits Cold breakfast cereal Connut C	Hot dogs			Г						
Canned tuna Cold cuts (baloney, ham, salami) Peanut butter Bread, toast, or rolls Margarine or butter Chicken or turkey Pork chops, roast pork, or ribs Steak or roast beef Cish Liver Sausage Sausage Sausage Sausage Saucon Hot cereal or grits Cold breakfast cereal Connut Conn										
Peanut butter Gread, toast, or rolls Margarine or butter Chicken or turkey Pork chops, roast pork, or ribs Greak or roast beef Stak Dister Sausage Bacon Hot cereal or grits Cold breakfast cereal Conut Sweet roll or muffin Pancake, waffle, or French toast Conglish muffin or bagel Siscuit Cornbread or tortillas Segetable soup Other soup Crackers Low many eggs do you eat in one week?	Canned tuna									
Peanut butter Gread, toast, or rolls Margarine or butter Chicken or turkey Pork chops, roast pork, or ribs Steak or roast beef Siah Liver Sausage Bacon Hot cereal or grits Cold breakfast cereal Conut Sweet roll or muffin Pancake, waffle, or French toast Cinglish muffin or bagel Siscuit Cornbread or tortillas Segetable soup Other soup Crackers Low many eggs do you eat in one week?	Cold cuts (baloney, ham, salami)									
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Pegetable soup Other soup Crackers Iow many eggs do you eat in one week?	Cornbread or tortillas									
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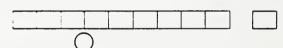


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¿Durante las últimas 4 semanas, qué t usted una porción de cada alimento en								Pech	o undo	s 6 m	2989	(]
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Chocolate caliente	!	1								1 2			
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Queso, sólo o en sandwich										3			
Yogurt										4			
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Marque solamente una X por cada comida

¿Qué tan a menudo comió usted una porción de ellos alimentos en las últimas 4 semanas?

		mas 4	cac	la ser	nana		cad	a día	
Número de veces	0	1-3	1	2-4	5-6	1	2-4	4-5	6+
Maíz, elote		<u> </u>							
Guisante, chícharo (enlatado, congelado o fresco)									
Tomates									
Pimientos (verde, rojo o picante)									
Zanahoria									
Broccoli o brecol									
Habichuelas verde, ejote									
Espinaca									
Verduras (nabo o acelga)									
Calabaza									
Papas fritas			Г						
Papas (asada o hervida o en puré)									
Batata o ñame, camote									
Repollo o ensalada de col									
Ensalada de lechuga									
Aderezo para ensalada o mayonesa	1	1							



		nas 4 anas	cad	la sem	ana		cada	dia	
Numero de voces	0	13	1	2-4	5-6	1	2-4	4-5	6+
Papitas fritas, doraditas, chips de maiz o otras									
Nueces									
Galletas									
Bizcocho, bizcochito redondo, pastel									
Pastel, pie o empanada (calabaza o camote:									
Otro pastel, pie o empanada									
Jaleas, mermeladas									
Dulce de chocolate				İ					
Otros dulces									
Cafe o te				1					
Refrescos									
Refrescos sin azucar				1					

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Marque solamente una X por cada comida ¿Qué tan a menudo comió usted una porción de ellos alimentos en las últimas 4 semanas?

Code can a mendo como usced una p	lúltí	mas 4						31		1
Número de veces	sem	anas	-	a sem	5-6	1	2-4	día 4-5	6+	•
Habichuelas asadas con chile, frijoles guisados	0	1-3	1	2-4	5-6	Ļ	2-4	40	0+	48
Otras habichuelas, frijoles secos, guisante, chicaro o haba			-	-		-				49
Arroz		-	┢	 		-	<u> </u>			50
Espaguetti u otra pasta con salsa	-	-	-			 				51
Pizza						<u> </u>				52
Macarrones con queso			H	<u> </u>		\vdash				53
Hot dog			<u> </u>			 				54
Hamburguesa, albóndiga o carne mechada, deshebrada			-				<u> </u>			55
Atún de lata			H						 	56
Fiambres (bologna, jamón, salami), carnes frías										57
Mantequilla de maní, cacahuate			_							58
Pan, tostado o bolillos			H			H-				59
Margarina o mantequilla			\vdash			<u> </u>				60
Pollo o pavo	_					Н				61
Chuletas, carne de res o costillas			\vdash			┝				62
Bistec o rosbif										63
Pescado						\vdash				64
Hígado										65
Salchichas						\vdash				66
Tocino	_									67
Cereal caliente, avena o atole						-				68
Cereal frío para el desayuno						_				69
Donas										70
Pan dulce										71
Panque, hot cakes o French toast										72
English muffin o bagel										73
Bizcocho, bisquetes										74
Pan de maiz o tortilla						_				75
Sopa de verdura, caldo de verdura										76
Otras sopas, caldos										77
Galletas saladas										78
¿Cuántos huevos come usted en una semana*_			0	0	0	0		0		
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Children's Nutrition Que	esti	on	nai	re		N	ame			
Omitation 5 Itali Itali							D			
						l l	ate _			
						- 1	OB_			
What Has Your Child Been E	atir	ng I	ate	ely?		A	ge			
						R	espor	ndent	;	
During the past 4 weeks, how often of eat a serving of each of the foods?						1		her [-	
Mark only one X for each							Oth	er	[]_	
Mark only one A for each	11 10	ou								
										٦
	las	eks		ch we			each			
Number of times	0	1-3	1	2-4	5-6	1	2-3	4-5	6+	1
ilk .	-		-						-	2
ot chocolate			-	_	\vdash				-	-
heese, plain or in sandwiches										
	1								1	3
ogurt									-	4
ogurt e cream										4 5
ogurt ce cream rudding										4
ogurt ce cream Pudding Vhat kind of milk does your child drink? [] whole										4 5
ogurt ce cream udding That kind of milk does your child drink? [] whole [] lowfat [] skim	las	eks	_	ch we	_			day		4 5
ogurt e cream udding That kind of milk does your child drink? [] whole [] lowfat [] skim Number of times			_	ch we	_	1		day		5 6
ogurt e cream udding That kind of milk does your child drink? [] whole [] lowfat [] skim Number of times	Wee	eks	_		_	1				4 5 6
ogurt ce cream udding /hat kind of milk does your child drink? [] whole [] lowfat [] skim Number of times trange	Wee	eks	_		_	1				7 8
Fogurt Coc cream Pudding What kind of milk does your child drink? [] whole [] lowfat [] skim Number of times Prange Prange juice	Wee	eks	_		_	1				4 5 6 7 8 9
Togurt Togurt Togurt Togurt Togurt Togurt Togurt Togure Wee	eks	_		_	1				7 8 9	
rogurt ce cream rudding What kind of milk does your child drink? [] whole [] lowfat [] skim Number of times Prange Prange juice Apple juice Other fruit drinks (Hi-C, Kool-aid, lemonade) Sanana	Wee	eks	_		_	1				7 8 9 10
ogurt ce cream dudding What kind of milk does your child drink? [] whole [] lowfat [] skim Number of umes brange brange juice cher fruit drinks (Hi-C, Kool-aid, lemonade) sanana cpple or applesauce	Wee	eks	_		_					7 8 9 10 11 12
ogurt ce cream udding //hat kind of milk does your child drink? [] whole [] lowfat [] skim Number of umes range range range juice cher fruit drinks (Hi-C, Kool-aid, lemonade) sanana pple or applesauce rapes	Wee	eks	_		_					7 8 9 10 11 12 13
ogurt ce cream rudding What kind of milk does your child drink? [] whole [] lowfat [] skim Number of times range range prange juice ther fruit drinks (Hi-C, Kool-aid, lemonade) sanana upple or applesauce trapes reapes reapes	Wee	eks	_		_	1				7 8 9 10 11 12 13 14
rogurt rec cream rudding What kind of milk does your child drink? [] whole [] lowfat [] skim Number of times Prange Prange juice Strange Other fruit drinks (Hi-C, Kool-aid, lemonade) Sanana Apple or applesauce Grapes Peaches Peaches Peaches Peaches Peaches Prange cream Prange pran	Wee	eks	_		_					7 8 9 10 11 12 13 14 15
ogurt e cream udding That kind of milk does your child drink? [] whole [] lowfat [] skim Number of times range range juice ther fruit drinks (Hi-C, Kool-aid, lemonade) anana pple or applesauce rapes eaches trawbernes antaloupe	Wee	eks	_		_					7 8 9 10 11 12 13 14 15 16
e cream adding that kind of milk does your child drink? [] whole [] lowfat [] skim Number of times range range juice ther fruit drinks (Hi-C, Kool-aid, lemonade) anana pple or applesauce rapes eaches crawbernes antaloupe attermelon	Wee	eks	_	24	5-6					7 8 9 10 11 12 13 14 15 16
ogurt ce cream rudding What kind of milk does your child drink? [] whole [] lowfat [] skim Number of times range range prange juice ther fruit drinks (Hi-C, Kool-aid, lemonade) sanana upple or applesauce trapes reapes reapes	Wee	eks	_	24	_	1				7 8 9 10 11 12 13 14 15 16

Mark only one X for each food
How often did your child eat a serving of these foods during the past 4 weeks?

		st 4 eks	e	ach w	eek		each	day	
Number of times	0	1-3	1	2-4	5-6	1	2-3	4-5	6+
Corn									
Peas (canned, frozen, or fresh)									
Tomatoes									
Peppers (green, red, hot)									
Carrots									
Broccoli									
Green beans									
Spinach									
Greens (mustard, turnip, collards)			Г						
Squash, orange or winter	ĺ		Г						
French fries, fried potatoes			Г						
Potatoes (baked, boiled, or mashed)	i								
Sweet potatoes or yams									
Cabbage or coleslaw									
Lettuce salad									
Salad dressing or mayonnaise				ī					

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	we	et 4 eks	60	ch we	ek		each	day	
Number of times	0	1-3	1	2-4	5-6	1	2-3	4-5	6+
Chips (potato, corn, others)									
Nuts	•				•				
Cookies or brownies									
Cake or cupcake									
Pie (pumpkin, sweet potato, or squash)									
Other pie									
Jello									
Chocolate candy									
Other candy									
Tea									
Soft drinks									
Sugar-free soft drinks	•	•			•				

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Mark only one X for each food

How often did your child eat a serving of these foods during the past 4 weeks?

	last 4 weeks each				ek		each day		
Number of times	0	1-3	1	2-4	5-6	1	2-3		6+
Baked beans or chili beans									
Other dried beans, peas, or Lima beans									
Rice									
Spaghetti or other pasta with sauce									
Pizza									
Macaroni and cheese									
Hot dogs									
Hamburgers, meatballs, or meatloaf									
Canned tuna									
Cold cuts (baloney, ham, salami)									
Peanut butter									
Bread, toast, or rolls									
Margarine or butter									
Chicken or turkey									
Pork chops, roast pork, or ribs									
Steak or roast beef									
Fish									
Liver									
Sausage									
Bacon									
Hot cereal or grits									
Cold breakfast cereal									
Donut									
Sweet roll or muffin									
Pancake, waffle, or French toast									
English muffin or bagel									
Biscuit									
Cornbread or tortillas									
Vegetable soup									
Other soup									
Crackers									



Cuestionario de Nutrici	_													
	ón	de l	Viñ	ios			Nombre							
						- 1	ID							
							echa		scimi	ento				
¿Qué ha estado comiendo su n	ño	últir	nar	nen	te?	-	DAD							
D. waste les décesses describes aut					: 4	R	Respondedor							
¿Durante las últimas 4 semanas, qué								ire (-					
su niño una porción de cada alimento Marque solamente una X por			_	_	ie:		Otro) []					
,						L								
		mas 4	Cad	а веп	ana l		cada	día		1				
Número de vece		1-3	1	2-4	5-6	1	2-4	4-5	6+					
eche										1				
hocolate caliente		1								2				
Queso, sólo o en sandwich				<u> </u>						3				
logurt .	1	1								4				
Ielado, nreve										5				
udín, pudín	+	•					-			6				
										J -				
Qué clase de leche bebe su niño?	- dita	mas 4]				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat)	000	mes 4		a com			cada							
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat)	000		cad	2-4	5-6	1	cada 2-4	día 4-5	6+	7				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de veces China (naranja)	000	10000				1			6+	7 8				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de vece China (naranja) ugo de china (naranja)	000	10000				1			6+	7 8 9				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de veceo China (naranja) Jugo de china (naranja)	0	10000				1			6+	8				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de vece China (naranja) Jugo de china (naranja) Jugo de manzana Otros jugos de frutas (Hi-C, Kool-aid Jemonada)	0	10000				1			6+	8				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de vece China (naranja) Jugo de china (naranja) Jugo de manzana Otros jugos de frutas (Hi-C, Kool-aid Jemonada Guineo, plátano o banano	0	10000				1			6+	8 9 10				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de veceo China (naranja) Jugo de china (naranja) Jugo de manzana Otros jugos de frutas (Hi-C, Kool-aid Jemonada Guineo, plátano o banano Manzana o pure de manzana	0	10000				1			6+	8 9 10 11				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de vece. China (naranja) Jugo de china (naranja) Jugo de manzana Otros jugos de frutas (Hi-C, Kool-aid lemonada Guineo, plátano o banano Manzana o pure de manzana	0	10000							6+	8 9 10 11 12 13				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat)	0	10000				1			6+	8 9 10 11 12				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de veces China (naranja) Jugo de china (naranja) Jugo de manzana Otros jugos de frutas (Hi-C, Kool-aid Jemonada Guineo, plátano o banano Manzana o pure de manzana Jvas Melocoton, durazno Presas	0	10000				1			6+	8 9 10 11 12 13 14 15				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de vece China (naranja) Jugo de china (naranja) Jugo de manzana Otros jugos de frutas (Hi-C, Kool-aid lemonada Guineo, plátano o banano Manzana o pure de manzana Jvas Melocoton, durazno Fresas Melón	0	10000				1			6+	8 9 10 11 12 13				
Qué clase de leche bebe su niño? [] leche entera [] leche parcialmente descremada (lowfat) [] leche descremada o desnatad (nonfat) Numero de veces China (naranja) Jugo de china (naranja) Jugo de manzana Otros jugos de frutas (Hi-C, Kool-aid Jemonada Guineo, plátano o banano Manzana o pure de manzana Jvas Melocoton, durazno Presas	0	10000				1			6+	8 9 10 11 12 13 14 15 16				

Marque solamente una X por cada comida

¿Qué tan a menudo comió su niño una porción de ellos alimentos en las últimas 4 semanas?

		mas 4	ca	da ser	nana		cad	a día	
Número de veces	0	1-3	1	2-4	5-6	1	2-4	4-5	6+
Maíz, elote	l								
Guisante, chícharo (enlatado, congelado o fresco)									
Tomates									
Pimientos (verde, rojo o picante)									
Zanahoria									
Broccoli o brecol			Г						
Habichuelas verde, ejote									
Espinaca									
Verduras (nabo o acelga)			Г						
Calabaza									
Papas fritas									
Papas (asada o hervida o en puré)			Г	1					
Batata o ñame, camote									
Repolio o ensalada de col									
Ensalada de lechuga									
Aderezo para ensalada o mayonesa			Г	T					

	diti	nas 4 anas	cad	a ocu	ana		cade	dia	
Numero de veces	0	1-3	1	2-4	5-6	1	2-4	4-5	6+
Papitas fritas, doraditas, chips de maíz o otras									
Nueces				1					
Galletas									
Bizcocho, bizcochito redondo, pastel									
Pastel, pie o empanada (calabaza o camote)									
Otro pastel, pie o empanada					1				
Jaleas, mermeladas									
Dulce de chocolate									
Otros dulces									
Te				1					
Refrescos									
Refrescos sin azucar				ı					

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Marque solamente una X por cada comida ¿Qué tan a menudo comió su niño una porción de ellos alimentos en las últimas 4 semanas?

		mas 4	cad	a sen	ana		cada	día	
Número de veces	0	1-3	1	2-4	5-6	1	2-4	4-5	6+
Habichuelas asadas con chile, frijoles guisados									
Otras habichuelas, frijoles secos, guisante, chicaro o haba			L			L	L		
Arroz						<u></u>			
Espaguetti u otra pasta con salsa									
Pizza									
Macarrones con queso									
Hot dog									
Hamburguesa, albondiga o carne mechada. deshebrada									
Atún de lata									
Fiambres (bologna, jamón, salami), carnes frías									
Mantequilla de maní, cacahuate									
Pan, tostado o bolillos									
Margarina o mantequilla									
Pollo o pavo									
Chuletas, carne de res o costillas									
Bistec o rosbif									
Pescado									
Hígado									
Salchichas									
Tocino									
Cereal caliente, avena o atole					П				
Cereal frio para el desayuno						\vdash			
Donas								-	
Pan dulce		-							
Panque, hot cakes o French toast					П				
English muffin o bagel		•			,				
Bizcocho, bisquetes									
Pan de maiz o tortilla	-	_				\vdash			
Sopa de verdura, caldo de verdura					П				
Otras sopas, caldos		-							
Galletas saladas					\Box	\vdash			_





